Week 1

Monday

Acceleration work & bounds

	Warm up	2x20m each
	Dynamic Flexibility	10x each
	Sprint drills	20m each
Rest	**Workout**	
		Sets/reps
1min	Pushup start	5x10m
90"	Pushup side start L&R	5x15m
2min	Supine start L&R	3x20m
	Plyos:	
	Standing broad	3rds x 3 reps each
	Triple broad LJ	
	STJ	
	Weights:	
	power clean	3x2 3x1 @ 70-80%
	Squat	5x3 (60, 70, 3 sets @ 80%)
	RDL	2x8
	Hanging leg raises	3x10

Wednesday

Max Speed & Jumps

	Warm up	50m each
	Dynamic Flexibiliy	10x each
	Sprint drills	20m each
Rest	**Workout**	
		Sets/reps
	Depth drops Around verticle height	10
60" rest	Rhythmic jumps	2x10
3-5min rest	Fly sprints	3-5x20m fly - 20m build
	Weights:	
	Hang Snatch	6x2 @ 50% clean max
	DB Step up - heavy	3x5 - (18-24" box)
	SA DB bench press	3x8e
	Pullups	3x6-10

Friday

Weight acceleration & sprints

	Warm up	50m each
	Dynamic Flexibiliy	10x each
	Sprint drills	20m each
Rest	**Workout**	
		Sets/reps
60"	1a. sled sprint	5x15m - 1min
2'	1b. Sprint	5x20m - 3min
	Weights:	
	Hang clean	8x1 - fast weight, not very heavy
	Box squat	4x5 @ 60-70 %
	Hamstring curls	2x10
	copenhagen plank	2x20"

Saturday

Running + plyos

	Jog	4x30"
	Dynamic Flexibiliy	10x each
	Sprint drills	20m each
Rest	**Workout**	
		Sets/reps
1-5' rest: when you feel good to go. Its not cardio.	Easy running(70-80%)	6x100m
	SL Easy hop series	
	Forward, back, L&R, zig zag forward/back	10e
	Calf raise	2x10e
	Dorsiflexion/tib raise	2x10
	Weights:	
	No weights	